

ABSTRACT OF THE DISCLOSURE

A stirring stick for manipulating foodstuff in a blender comprises an elongate plunger having first and second ends. The plunger has a cavity extending between the first and second ends. At least a portion of the plunger is generally trough-shaped, and the cavity is open at least at the second
5 end. A handle is attached to the first end of the plunger. A user may move the stirring stick in one or more directions when the stirring stick is positioned in the blender.